

Lake News

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Child, Girl, and Woman Lakes Area Association



President's Message



As we all know, 2020 was a tough year, but it looks like 2021 is going to be a much better year! The Association has started all of the activities including: Aquatic Invasive Species, Boat Patrol, Fisheries, Membership, Newsletter, Road Signs, Social Media/Facebook, Water Quality Testing, Adopt-A-Highway, Navigational

Safety, Shoreline Buffer & Restoration Program, and the Website.

Last fall at our September 17 board meeting, the Board of Directors appointed me as President of the Lake Association. I was appointed as President to fill the term till the 2021 annual meeting. As background, I joined the board in 2015 as Vice President. During that time, I have been active in installing and maintaining member road signs, water quality testing, and water patrol.

We have hardworking Officers, Board of Directors, Standing Committees, Task Committees, and volunteers. I have enjoyed meeting so many of our members! I look forward to continue working with you all.

As we look ahead, Water Patrol will be up and running again. Gordie Hess is our new Water Patrol Chairman.

We have a shortage of volunteers for this job. If you are interested in being part of our Water Patrol, please contact Gordy Hess at drgado@comcast.net. This is a great way to help everyone stay safe on our waters.

One of our current challenges, like many other lake associations, is the fight against aquatic invasive species. We are mainly concerned about the zebra mussel and starry stonewort. Be very careful not to bring anything into the waters that has been on known infested water. If you are coming to enjoy our lakes as part of your vacation and you are bringing your watercraft, please make sure it is clear and clean.

Your Association is deeply involved in many projects, none of which could be accomplished without enthusiastic help from our faithful volunteers. If you are interested in joining our volunteer corps or need more information, please contact me, Jon Stevenson, by phone at 763-226-6509, or email at j.a.stevenson@usfamily.net.

Please remember that our association has a very good website which is frequently updated by Carole Houghton. Check it often for the latest monthly meeting minutes, newsletters, and information at www.womanlakechain.org.

Do not forget that we have our own Facebook page at www.facebook.com/womanlakechain. Kathy Scharmer leads our Social Media Committee.

Jon Stevenson, President

2021 Dates to Remember

Monthly Board of Directors Meetings

Woodrow Township Hall

6:30 PM

Dates: 5/17, 6/17, 7/15, 8/19, 9/16, 10/6

Volunteer Appreciation Dinner

Patrick's, Longville

Invitations Forthcoming

Thursday, 9/9

Annual Membership Meeting

Salem Lutheran Church, Longville

10:00 AM

Saturday, 8/14

Plan to attend - mark your calendar!



Please check the website for updates to the schedule.

Lead is Toxic - Choose Lead-Free Fishing Tackle



Did you know that one lead sinker will kill a loon? The x-ray on the left highlights lead in the body of a dead loon. When a loon swallows lead tackle lost by anglers, the result is deadly. One-in-five loons die a slow and painful death from lead poisoning. Lead also poisons eagles, swans, and some mammals.

You can help by choosing fishing tackle made with non-poisonous materials such as tin, bismuth, steel, and tungsten alloy, which perform as well as traditional tackle.

Do not throw old fishing gear into the water or onto shore. Properly dispose of unwanted tackle at a local hazardous waste collection site.

Spread the word by telling your friends about this problem while encouraging them to switch to lead-free sinkers and jigs. Encourage establishments where you shop to stock alternatives that do not cause harm. Together, we can make a difference!

For more information visit:

www.pca.state.mn.us/living-green/lead-free-fishing-tackle-get-lead-out

Source: Minnesota Pollution Control Agency

Aquatic Invasive Species (AIS) and Fisheries Updates

Eurasian watermilfoil (EWM) has been treated in Girl Lake for the past 4 years at the Longville city docks and for 2 years at Long Birch Lodge Harbor nearby. This year we have received a \$1,500 grant from the DNR to support the cost of a survey and treatment. A broader survey of Girl Lake will be conducted along the entire shoreline in 15 feet of water and shallower. If EWM has spread, we will try to treat any new areas along with



the city docks and nearby harbor. Anticipated minimum costs are \$2,200, and the grant will go toward these costs.

PLM Lake and Land Management (Brainerd) will also conduct surveys for AIS at our four public ramp areas. They have done this twice per season since 2019, and the anticipated cost is \$600.

Because a zebra mussel (ZM) was discovered in Woman Lake last year, we will also be sampling for veligers (larval life stage of ZM). RMB Environmental

Laboratories will be conducting this study, which will take place in all three lakes when veligers are typically present in the summer. The cost of this work will be either \$1,200 (one round of sampling) or \$2,400 (two rounds of sampling). We have received a \$1,200 grant from Cass County to support the cost of this work.



Due to COVID-19, walleye eggs were not collected from the Boy River last year, and no fry stocking occurred in our chain. Last fall electrofishing for young of the year walleye produced only one fish suggesting a missing year class. In 2021, 365 quarts of eggs were collected at the Boy River trap, and approximately 80,000 walleye fry were stocked in Child Lake, 136,000 in Girl Lake, and 980,000 in Woman Lake. Hopefully, a strong year class of walleye will occur this year.

Thanks are due to Kathy Scharmer, Director, and Bob Riesselman, Vice President, for assisting in securing the DNR Aquatic Invasive Species Control Grant for EWM. In the past, the City of Longville and Nathan and Mandy Tabaka have contributed funds to support EWM treatments.

Rich Hess, AIS and Fisheries

Minnesota Fishing Opener 2021

I have been through almost 30 years of Minnesota fishing openers, and I cannot ever remember weather like we experienced this year. Last year's blizzard conditions quickly faded with the bright sun and light winds. This year fishing on Woman Lake was different from past openers. Like most fishermen, I started off with fishing memories of past openers, but this year the fish were not in the 8 to 12 feet of water like past years. We ended up getting our walleye in 16 to 19 feet of water. Most of our fish were still relating to rocky structure, but they were just out a little deeper. We used minnows, crawlers, and leeches, but our best bait was the spottail shiner. My dad and I ended up catching five walleye, a handful of northern, and some monster smallmouth bass. Not a bad morning on Woman Lake!

Bill Hornung, Child Lake Rep



Sharing Lakeshore with The Bald Eagle

The bald eagle has been the national emblem of the United States since 1782, and a spiritual symbol for Native Americans for far longer than that. For 14 years, I have shared the beautiful lakeshore of Woman Lake with an eagle's nest. Or should I say, they shared the land with me...

We started out on Woman Lake with very young children. The eagle has watched my children grow from toddlers to adults, ready to fledge my nest. In return, I have watched baby eaglets, born each early spring, grow until they could fledge their nest, approximately 12 weeks from birth.

One of the most amazing things I have watched are the eaglets sitting on the edge of the nest, flapping their wings until their talons are a few inches into the air, only to return to the edge of the nest. This early flying gets them used to their wings.

Eaglets start out with somewhat of a weak cry or screech, getting louder each day. When the parent comes back with a fish, the eaglets cry loudly. I witnessed one eaglet quieting down after being fed, leaving the other eaglet hungry and screeching. The parent flew off and came back with a fish for the other eaglet, immediately quieting it down. I have come to respect how well they take care of their babies.

Juvenile eagles have a brown body with brown and white mottled wings. The tail is also mottled with a dark band at the tip. It takes 5 1/2 years for juveniles to acquire the adult plumage and the white head. It is at this time the juveniles begin to look for a lifelong mate.

Bald eagles live to be around 20 to 30 years old. They mate for life, coming back to the same nest year after year. During the winter months, they prepare and rebuild their nests. They continuously fly off into the woods coming back with tree branches clutched in their talons. Bald eagles build the largest nest of any North American bird.

Amazingly, bald eagles can swim! They are very good swimmers. It is not uncommon to "misjudge" and latch onto a fish too heavy/large for it to fly with, so it then may swim quite a distance to shore and eat the fish there. Many times, the eagles have shared fish dinners on my lawn.



When it rains, I have watched the eagles "disappear." As most birds head for shelter, the eagle is the only bird that, in order to avoid the rain, will fly above the clouds.

I have so many good memories of sharing this land with the eagles. Sadly, the time has flown by and now, being empty nesters, it is time for my husband and I to move on to another Woman Lake property. I will miss the bald eagle nest and the privilege I have had watching them year after year. I can only hope that the new owners will appreciate and respect them as much as I have.

Nancy Coughlin, Woman Lake

Water Patrol 2021 - We're Back!

After a year's hiatus due to COVID-19 limitations, the CGWLAA Water Patrol will be back on the water this summer. The Cass County Sheriff has made the decision to allow water patrol activities to resume this season. The boat is in place at All Seasons Resort, and volunteers will soon be cruising the waters on our chain of lakes. After a year off, it will be nice to be back on the water and see what is new around the lakes and do our part to make the lakes enjoyable and safe for all.

In light of continuing concerns over the COVID-19 risk, some additional procedures will be put in place in an attempt to further reduce risks:

1. We will try to match up patrolling partners for the entire season to minimize the number of personnel interactions over the summer.
2. We will not be handing out ice cream or popcorn certificates to youngsters, again to minimize the contact between patrol volunteers and the public.
3. The patrol boat will be supplied with disinfecting wipes, and volunteers should wipe down the primary contact surfaces (throttle, steering wheel, ignition, etc.) when starting and finishing their patrol activities

4. Patrols will maintain separation of 20 feet or greater when contacting the public on the lake. Emergencies, although not expected, may be the exception to this limitation.
5. If patrol volunteers are not feeling well, have a fever or cough, have been exposed to an individual with COVID-19, or test positive for the virus, they should cancel their patrol activities and notify the patrol coordinator.

Although many of us have completed our COVID-19 vaccinations, we are not requiring it of the volunteers at this time. We will not require masks while patrolling, but the wearing of masks and other personal protective equipment will be up to the decision of individual pairs. Patrol members are encouraged to operate however they prefer with respect to personal protective equipment. If all of the volunteers follow common sense guidelines and the general procedures outlined above, we can have a great summer season and do our part to keep the area lakes safe and enjoyable for us all. See you on the water!

Gordie Hess, Water Patrol



The Shoreline is a Lake's Last Line of Defense

The Cass County *Shoreland Homeowner's Guide to Lake Stewardship* states that the "shoreland zone is the lake's first line of defense." But, I would like to take a land-based perspective and say that our property shoreline is a lake's last line of defense against water runoff that can carry pollutants into the lake and cause shoreline erosion.

In an article last year, I talked about two types of water runoff pollution - soluble pollutants, primarily phosphorus and nitrogen, and particulate pollution, mostly plant debris. Here, I will discuss ways we can design or modify our lake property to reduce and lessen the impact of water runoff pollution. So, let's start at the shoreline and work our way backwards.

On our Woman Lake property, we are lucky (from a water runoff perspective) because our shoreline has an established ice ridge. This prevents water, with its soluble pollutants and plant debris, from directly draining into the lake. We also have a wetland area on one side to which water can flow, trapping particulates and allowing phosphorus and nitrogen to be absorbed by plants growing there.

For those properties without an ice ridge, the first 10 feet from the water line is of equivalent importance. One should resist the temptation to mow to the water's edge and allow a natural water-flow barrier of plants to grow. These could be supplemented by adding native plants, especially those with deep roots, as well as

shrubs from our Lake Association's Shoreland Restoration Project.

Minnesota Wildflowers (www.minnesotawildflowers.info/) provides great information on native plants, and native plants and seeds are available every spring from Crow Wing County Soil & Water Conservation District (www.cwswcd.org/shop). This is where I buy the trees and shrubs for our Shoreland Restoration Project, and I would be willing to add any plants you wish to purchase to my order and pick them up along with our plants in the spring.

Moving back from this 10-foot shoreline edge, we likely have your lawn. We had chosen to limit the lawn on our property to about 8,000 square feet. Over the last 34 years, this has allowed our family of three children, along with their significant others, and six grandchildren, plenty of room for badminton, all the common lawn games, and room for a picnic table and lawn chairs. I mulch mow the lawn at a high blade setting, which keeps the lawn healthy, retards water flow and catches plant debris, especially grass clippings.

While grass is the predominant plant in our lawn, we allow clover (which fixes nitrogen from the air and naturally fertilizes the lawn) and other "weeds" to fill in bare spots, although I may spot spray if dandelions and plantain become invasive. I also mow around clumps of wild flowers, like white daisies (which my

The Shoreline The Shoreline is a Lake's Last Line of Defense (continued)

granddaughters pick as bouquets for grandma) until after they have set seed.

Most of the remainder of our property we have left as "wild woods," pretty much the state it was when purchased, with mature and maturing (as deer feeding allows), white and red pine, spruce, fir, maple, red oak, aspen and birch, plus all the undergrowth that stabilizes the soil and retards water flow during heavy rains. We have removed some dead or damaged trees, whose falling would threaten our home or buildings, and we have added plantings along the weed edge to stabilize this important area, again, to limit water flow from heavy rains. These plantings have included trees and shrubs from the Shoreland Restoration Project. A serviceberry I got as part of the Project 2 years ago bloomed this year (!), and I have planted moisture loving shrubs, like this year's dogwood and nannyberry along the edge of our wetland.

Some additional advice and suggestions:

Our ice ridge interferes with access to the water, so Cass County allowed us to remove 14 feet of it but required at least a 1-foot berm around the access area to prevent water runoff from draining directly into the lake (see picture, which also shows a portion of our 10 foot set back). Something similar could be done for those without an ice ridge but wishing to maintain a 10 foot set back of plants and shrubs. A slight berm of soil and/or rocks could direct water away from this water access area and towards the 10 foot set back area.



Berm Around Water Access

The entrance to our property is very steep, so we had to add an asphalt driveway to prevent the significant erosion we were experiencing during heavy rains. The driveway installers did a good job – crowning the steep part of the driveway and adding a diverter and gutter to allow water to drain into the wooded areas on either side. Unfortunately, to keep the pad in front of the garage level, they left a raised edge that could erode the soil as it drained toward the lake. To counter this, I

created a small berm of clay soil along the edge of the asphalt, to which I added sod. This did a good job of collecting water runoff and allowing it to gradually seep into the sod. The following picture shows a pool of water that I purposely added by hose. This all drained into the sod within 60 minutes.



Berm Along Driveway Edge

We have an original area of lawn that we are converting back to wild. To do so we have allowed the grass to grow and have laid some pine branches along the edge of the area to be "wilded." This area is fairly steep, and branches were laid with tips pointing up slope to collect plant debris and retard water flow. This area will be planted with trees and shrubs from this year's Project. The following picture shows the branches but does not



Branches Along Edge of Area to be "Wilded"

depict that area well as the small spruce is actually uphill.

These are some of the things I have done to my property to reduce water runoff, protect our shoreland, and maintain the quality of the water in our lake. I welcome additional examples of things you may have done, considering the unique aspects of your property, and I can share them in future articles.

Bill Pilacinski, Shoreland Restoration Project

Clean In Clean Out - Prevent the Spread of Aquatic Invasive Species

When boating or fishing, protect our lakes by following state aquatic invasive species laws.

Remember to:

1. **CLEAN** all visible aquatic plants, zebra mussels, and other prohibited invasive species from watercraft, trailers, and water-related equipment before leaving any water access or shoreland.
2. **DRAIN** water-related equipment (boat, ballast tanks, portable bait containers, motor) *and* drain bilge, livewell, and baitwell by removing drain plugs before leaving a water access or shoreline property. **Keep drain plugs out** and water-draining devices open while transporting watercraft.
3. **DISPOSE** of unwanted bait, including minnows, leeches, and worms, in the trash. It is illegal to release bait into a waterbody or release aquatic animals from one waterbody to another. If you want to keep your bait, you must refill the bait container with bottled or tap water.

Know the Law: You may not...

- * Transport watercraft without removing the drain plug.

- * Arrive at lake access with drain plug in place.
- * Transport aquatic plants, zebra mussels, or other prohibited species on any roadway.
- * Launch a watercraft with prohibited species attached.
- * Transport water from Minnesota lakes or rivers.
- * Release bait into the water.

Additional Recommendations:

Spray, Rinse, Dry - Some invasive species are small and difficult to see at the access. To remove or kill them, take one or more of the following precautions before moving to another waterbody, especially after leaving zebra mussel and spiny waterflea infested waters:

Spray with high-pressure water

Rinse with very hot water*

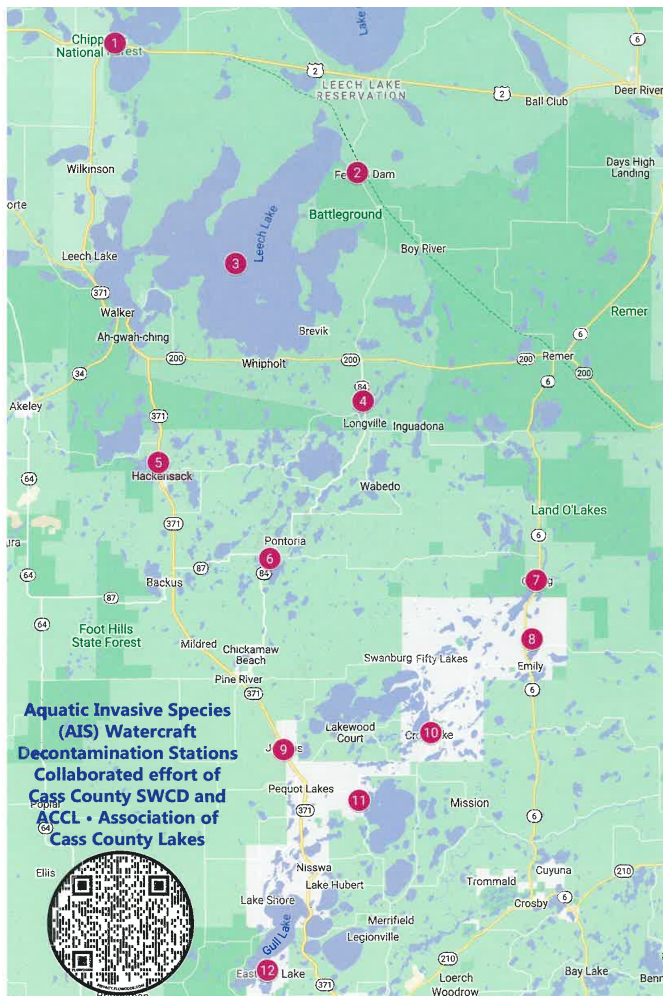
Dry for at least 5 days

Run motor and personal watercraft for a few seconds to discharge water before leaving a water access.

Transport fish on ice – be prepared, bring a cooler.

- * Water temperature to kill zebra mussels and AIS: 120°F at least 2 minutes; 140°F at least 10 seconds.

Minnesota DNR Website - Clean In Clean Out



AIS Watercraft Decontamination Stations Located in Cass County Area

1. **Leech Lake Band of Ojibwe** Cass Lake Hwy 2 Access
Thurs - Sun 6:30AM-1:30PM
2. **Federal Dam Recreation Area** 1217 Federal Dam Dr NE,
Federal Dam - Fri- Sun 8AM-5:30PM
3. **DNR Leech Lake Mobile Unit**
https://webapps15.dnr.state.mn.us/ais_decon_sites
4. **Musky House Marine** 5646 County Rd 126 NE, Longville
Mon-Fri 8AM-5PM, Sat 9AM-3PM. Call 218-363-2044
5. **Jim's Trailers Plus** 3847 State 371 S NW, Hackensack
Mon-Fri 9AM-5PM, Sat 10AM-4PM. Call 218-675-7500
6. **Prosocki All Care** 1079 MN-84, Pine River
Mon-Fri 9AM-5PM, Sat 9AM-2PM. Call 218-947-4518
7. **Outing Crooked Lake Township** 509 MN-6, Outing
Fri- Sun 8AM-5:30PM
8. **Ruth Lake** 21244 Mill Rd, Emily-Mon/Thur-Sun 9AM-5PM
Tues/Weds on Call from 9AM-5PM 612-889-9764
9. **The Dock Shop** 3256 Pine Tree St, Jenkins
Mon-Fri 9AM - 5PM. Call 218-820-3201
10. **Crow Wing County** 13870 Whipple Dr, Crosslake
Thur-Sun 9AM-5PM
11. **City of Breezy Point** 30211 Co Rd 4, Breezy Point
Fri-Sun 11AM-4PM
12. **East Gull Lake** 1385 Gull Lake Ln, Brainerd
Thur - Sun 8:15 AM-5:30 PM

Call 218-682-ACCL (2225) for Cass
Text CWDECON to 72345 for Crow Wing
stopais-casscountymn.hub.arcgis.com

OUCH & YUCK! Seasonal Pests - Mosquitoes & Ticks

Mosquitoes

Seasonal pests have returned! Sitting around the campfire can mean nasty mosquito bites. A mosquito will sense exhaled carbon dioxide from a distance of more than 30 feet. Once it gets closer, the mosquito detects body heat.



Following are some Minnesota mosquito facts (www.northmankato.com):

- 50 species of mosquitoes occur in Minnesota.
- A single female can lay over 200 eggs at a time; the eggs can remain dormant for more than 5 years and not hatch until ideal conditions!
- All mosquitos need water to complete their life cycle.
- Not all species bite humans, some prefer birds, others prefer horses, and some even bite frogs and turtles.
- Only female mosquitos take blood.
- Mosquitoes are responsible for more human deaths (worldwide) than all insects and animals put together. (In 2019, 34 states reported West Nile Virus.)

Tips:

- Standing water means you could be raising mosquitoes! Some mosquitoes lay their eggs in

standing water where they hatch in just a day or two. Other mosquitoes may lay their eggs in old tires, tin cans, or other water holding containers. **Please dump out any standing water.**

- Use screens on your windows.
- Use mosquito repellent. The most effective contain DEET, picaridan, PMD, or IR3535. All are considered safe when used as directed. However, you want to use lower concentrations of DEET for children.
- Try a natural repellent. Oil of lemon eucalyptus is available under brand names including Repel, Bug Shield, and Cutter. Citronella candles are also an excellent alternative.
- Wear light-colored clothing outdoors. Thicker fabric and a looser fit offer the best protection.
- Stay indoors during dusk and dawn. Although they can bite any time of the day, these are their prime feeding times.
- Use a fan. Mosquitoes are unsteady fliers. Keep them away by blowing a breeze around you.
- Make yourself **less** appealing. Drinking a 12-ounce beer makes some people more appealing, as well as heavy body odor.

Many will agree that Minnesota summers in lake country are some of the best times. Do not let mosquitoes ruin your good time!

Ticks

Tick season has also returned. It is comforting to know that not all ticks spread disease. The deer tick, by far, causes the most tick borne illness in Minnesota. The American dog tick (wood tick) rarely spreads disease.

The deer tick is much smaller than the wood tick and lives for about 2 to 3 years. In Minnesota, adult ticks arrive right after the snow melts and reach peak activity during the month of May. Adults will also become active again in the fall.

If a deer tick is infected, it must be attached for 24 to 48 hours before it transmits Lyme disease. That is why it is so important to check yourself and your children every 24 hours. About one in three adult deer ticks are infected with the bacteria that causes Lyme disease.

Symptoms of Lyme disease start 1 to 2 weeks after the bite. One of the earliest signs of the disease is a bull's eye rash. The rash occurs at the site of the tick bite. Usually, but



not always, as a central red spot surrounded by a clear spot with an area of redness at the edge. However, not every case of Lyme disease will present with a rash.

Deer ticks thrive in wooded and brushy areas. Try to stay on the trail or a mowed area while walking outside to avoid being bitten by a tick. Use tick repellent, choosing an EPA-registered product, so you know it is safe and effective against ticks.

Wood Tick



Deer Tick



Although pests can be troublesome in the warm months, it is still possible to enjoy Minnesota summers to the fullest - have a great summer and stay safe!

Nancy Coughlin, Woman Lake

Lake News

Child, Girl, and Woman Lakes Area Association
PO Box 335
Longville, MN 56655



Website: www.womanlakechain.org
Facebook: www.facebook.com/womanlakechain
Email: info@womanlakechain.org

Child, Girl, and Woman Lakes Area Association

President	Jon Stevenson	j.a.stevenson@usfamily.net	763-226-6509
Vice President	Bob Riesselman	bobriesselman@gmail.com	612-381-4824
Treasurer	Terry Fay		
Secretary	Joyce Humphreys	joyjac22@gmail.com	218-682-2607
Directors at Large			
Woman Lake Rep	Gary Knox	gary@minneteepee.com	218-682-2485
Woman Lake Rep	Nancy Schuelke		952-303-9988
Woman Lake Rep	Janis Kelley	kelly0930@msn.com	218-682-3855
Girl Lake Rep	Sue Meyer	gsmeyer@arvig.net	218-363-3659
Child Lake Rep	Bill Hornung	hornungbill@gmail.com	218-507-0904
Standing Committees			
Membership	Cindy & Bob Hanke	info@womanlakechain.org	218-682-2370
Road Signs	Jon Stevenson	j.a.stevenson@usfamily.net	763-226-6509
AI Species	Rich Hess	rhess48@arvig.net	218-363-2282
Fisheries	Rich Hess	rhess48@arvig.net	218-363-2282
Water Patrol	Gordie Hess	drgordo@comcast.net	218-363-2921
Water Quality	Ann Stevenson	astevenson@usfamily.net	612-490-5990
Newsletter	Linda Kane	lckane@live.com	612-327-4964
Social Media	Kathy Scharmer	kscharmer@mchsi.com	319-361-1443
Task Committees			
Adopt-A-Highway	Ken Hanson	klhanson03@gmail.com	218-682-2045
Navigational Safety	Dwayne Waldera	noisytoys@hotmail.com	218-363-2030
Webmaster	Carole Houghton	mchcah@arvig.net	218-363-2286
Shoreline Restoration	Bill Pilacinski	wpila@gmail.com	314-541-0396